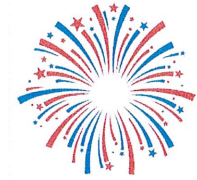



This program is made possible in part by funding from the Executive Office of Elder Affairs.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Entrees that contain more than 500mg sodium are designated by an *	For weather emergencies and cancellations, please check Fox 25 TV station.			<div>1</div> <div>Carbs Sod</div> <div>Potato Pollock 11 27</div> <div>Whipped Potatoes 24 6</div> <div>Zucchini & Summer Squash 8</div> <div>Wheat Dinner Roll 9 10</div> <div>Dessert of the Day 19</div> <div>Cal: 643 84 58</div>
<div>HOLIDAY</div> <div>NO MEALS SERVED</div> <div></div>	<div>5</div> <div>Carbs Sod</div> <div>SPECIAL</div> <div>Chicken Sausage**, Pepper</div> <div>Cheese Grinders 5 376</div> <div>Red Bliss Potatoes 20 67</div> <div>Grinder Roll 34 284</div> <div>Dessert of the Day 26 150</div> <div>Diet Dessert of the Day</div> <div>**Sausage has pork casing**</div> <div>Cal: 785 98 1002</div>	<div>6</div> <div>Carbs Sod</div> <div>Grilled Chicken Breast With Peach Salsa 5 363</div> <div>Wild Rice Pilaf 22 140</div> <div>Broccoli 5 10</div> <div>Rye Bread 16 194</div> <div>Dessert of the Day 25 2</div> <div>Cal: 647 86 834</div>	<div>7</div> <div>Carbs Sod</div> <div>Chicken with</div> <div>Balsamic Glaze 4 373</div> <div>Quinoa with Roasted Veg 22 23</div> <div>Glazed Carrots 10 64</div> <div>Wheat Bread 15 124</div> <div>Dessert of the Day 15 0</div> <div>Cal: 536 79 709</div>	<div>8</div> <div>Carbs Sod</div> <div>Roast Pork With Herb Gravy 4 11</div> <div>Scalloped Potatoes 28 12</div> <div>Italian Veg Blend 8 4</div> <div>Wheat Dinner Roll 9 10</div> <div>Dessert of the Day 11</div> <div>Cal: 595 73 50</div>
<div>1</div> <div>Carbs Sod</div> <div>Arley Black Bean Chili * 58 614</div> <div>Brussels Sprouts 7 12</div> <div>Whole Wheat Dinner Roll 9 105</div> <div>Dessert of the Day 23 85</div> <div>Cal: 814 110 941</div>	<div>12</div> <div>Carbs Sod</div> <div>Grilled Chicken Breast</div> <div>With Marsala Sauce 5 346</div> <div>Bread Stuffing 23 316</div> <div>Broccoli 5 10</div> <div>Pumpkin Bread 13 155</div> <div>Dessert of the Day 5 75</div> <div>Cal: 619 74 1027</div>	<div>13</div> <div>Carbs Sod</div> <div>French Meat Pie 19 121</div> <div>Capri Vegetable Blend 5 15</div> <div>Multigrain Bread 12 99</div> <div>Dessert of the Day 19 5</div> <div>Cal: 653 68 365</div>	<div>14</div> <div>Carbs Sod</div> <div>Sliced Roast Turkey</div> <div>With Tarragon Gravy 12 406</div> <div>Whipped Sweet Potato 24 36</div> <div>Peas 11 66</div> <div>Rye Bread 13 150</div> <div>Dessert of the Day 0</div> <div>Cal: 509 81 783</div>	<div>15</div> <div>Carbs Sod</div> <div>Chicken Terriyaki 13 47</div> <div>Vegetable Fried Rice 24 9</div> <div>Asian Vegetable Blend 8 2</div> <div>Multigrain Bread 22 22</div> <div>Dessert of the Day 20</div> <div>Cal: 740 100 94</div>
<div>3</div> <div>Carbs Sod</div> <div>Read Chicken Drumstick 5 450</div> <div>Our Cream & Chive 24 66</div> <div>Carrots 8 64</div> <div>Rye Bread 13 150</div> <div>Dessert of the Day 19 75</div> <div>Cal: 643 82 930</div>	<div>19</div> <div>Carbs Sod</div> <div>Potato Pollock 14 273</div> <div>Tartar Sauce 1 100</div> <div>Yukon Gold Potatoes 17 5</div> <div>Green Beans 7 3</div> <div>Multigrain Bread 21 140</div> <div>Dessert of the Day 12 1</div> <div>Cal: 716 85 647</div>	<div>20</div> <div>Carbs Sod</div> <div>Meatball Grinder With Tomato Basil Sauce 10 268</div> <div>Seasoned Potato Wedges 18 273</div> <div>Spinach 5 109</div> <div>Grinder Roll 33 218</div> <div>Dessert of the Day 19 5</div> <div>Cal: 695 98 998</div>	<div>21</div> <div>Carbs Sod</div> <div>Beef Stew 14 163</div> <div>Brussels Sprouts 6 12</div> <div>Corn Bread 25 80</div> <div>Dessert of the Day 25 2</div> <div>Cal: 709 83 382</div>	<div>22</div> <div>Carbs Sod</div> <div>Broccoli Bake 10 47</div> <div>Home Fries 19</div> <div>Stewed Tomatoes 12 25</div> <div>Wheat Bread 15 12</div> <div>Dessert of the Day 15 5</div> <div>Cal: 694 84 103</div>
<div>5</div> <div>Carbs Sod</div> <div>Beef Taco 2 423</div> <div>Spanish Rice & Beans 26 154</div> <div>Corn 16 1</div> <div>Ortilla 16 190</div> <div>Dessert of the Day 19 5</div> <div>Cal: 805 92 898</div>	<div>26</div> <div>Carbs Sod</div> <div>Breaded Chicken Breast*</div> <div>With Tomato Basil Sauce 20 820</div> <div>Cavatappi Pasta 22 1</div> <div>Brussels Sprouts 6 12</div> <div>Whole Wheat Dinner Roll 9 105</div> <div>Dessert of the Day 16 85</div> <div>Cal: 742 86 1063</div>	<div>27</div> <div>Carbs Sod</div> <div>Pulled Pork Sandwich With BBQ Sauce 9 234</div> <div>Baked Beans 28 152</div> <div>California Veg Blend 5 22</div> <div>Whole Wheat Bun 24 300</div> <div>Dessert of the Day 15 0</div> <div>Cal: 758 94 833</div>	<div>28</div> <div>Carbs Sod</div> <div>Cheese Omelette</div> <div>With Cheese Sauce 7 420</div> <div>Chicken Sausage Pasta 0 130</div> <div>Seasoned Hominy 19 5</div> <div>Spinach 5 65</div> <div>Whole Wheat Dinner Roll 9 105</div> <div>Dessert of the Day 0</div> <div>Cal: 674 92 850</div>	<div>29</div> <div>Carbs Sod</div> <div>Meatloaf With Beef Gravy 18 23</div> <div>Mashed Potatoes 24 6</div> <div>Green Beans 7</div> <div>Multigrain Bread 22 22</div> <div>Dessert of the Day 19 7</div> <div>Cal: 778 103 72</div>

For Congregate Meals, please call the number for your mealsite to register:

* Lexington 781-325-1613

To CANCEL Meals on Wheels or for QUESTIONS about your meal plan, call:

781.221.7083 or 1.888.222.6171 x7083

Call the day before by 11AM to make a change.

Do not call your local meal site.

Acton: 781-221-7098
 Arlington Sr Ctr.: 781-221-7099
 Arlington Heights: 781-221-7081
 Burlington: 781-221-7094

Harvard: 781-456-4121
 Leighton: 781-325-1679
 Salem: 781-325-7048
 Woburn: 781-221-7064

The sodium and carbohydrate values are listed beside each menu item. The total calories, carbohydrates, and sodium include milk. Each carton of milk provides 110 calories, 13g carbohydrates, and 125mg sodium. The nutrition information provided here is meant to guide you with your daily choices. It is by no means exact and recipes are continually being reviewed.

For questions about the nutritional information in this menu or your nutritional needs, contact:

Catherine York, MPH, RD, LDN 781-221-7018 or 1-888-222-6171 x 7018

Menu subject to change without notice.